



Aalborg Universitet

AALBORG UNIVERSITY  
DENMARK

## Music Therapy in Psychiatry In Denmark in 2008

*Where, who, how and how much.*

Hannibal, Niels

*Publication date:*  
2009

*Document Version*  
Tidlig version også kaldet pre-print

[Link to publication from Aalborg University](#)

*Citation for published version (APA):*

Hannibal, N. (2009). *Music Therapy in Psychiatry In Denmark in 2008: Where, who, how and how much..* Paper præsenteret ved Nordic Music Therapy Conference, Aalborg, Danmark.

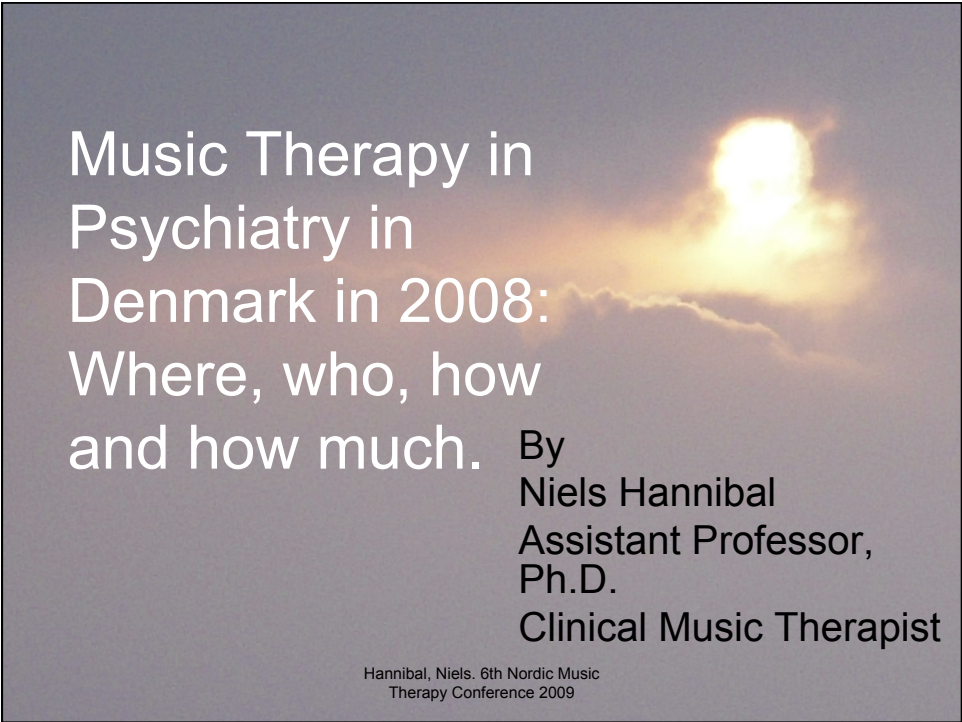
### General rights

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

- Users may download and print one copy of any publication from the public portal for the purpose of private study or research.
- You may not further distribute the material or use it for any profit-making activity or commercial gain
- You may freely distribute the URL identifying the publication in the public portal -

### Take down policy

If you believe that this document breaches copyright please contact us at [vbn@aub.aau.dk](mailto:vbn@aub.aau.dk) providing details, and we will remove access to the work immediately and investigate your claim.

A background image of a sunset or sunrise with a bright sun partially obscured by clouds, casting a warm glow over a dark sky.

# Music Therapy in Psychiatry in Denmark in 2008: Where, who, how and how much.

By  
Niels Hannibal  
Assistant Professor,  
Ph.D.  
Clinical Music Therapist

Hannibal, Niels. 6th Nordic Music  
Therapy Conference 2009

A decorative header consisting of a blue gradient bar with a small square icon on the left.

## Disposition

- Why ask
- Employment situation
- The Music Therapy treatment
- The patients
- Drop out from treatment?

Hannibal, Niels. 6th Nordic Music  
Therapy Conference 2009

## Why ask?

- Conclusions!!!
- There are only very few music therapist in psychiatry in Denmark!!!! wrote the administration...therefore might save some money
- Made a survey in the MIP group to document presence
- A pilot survey
- n = 20

Hannibal, Niels. 6th Nordic Music Therapy Conference 2009

## Some conclusions

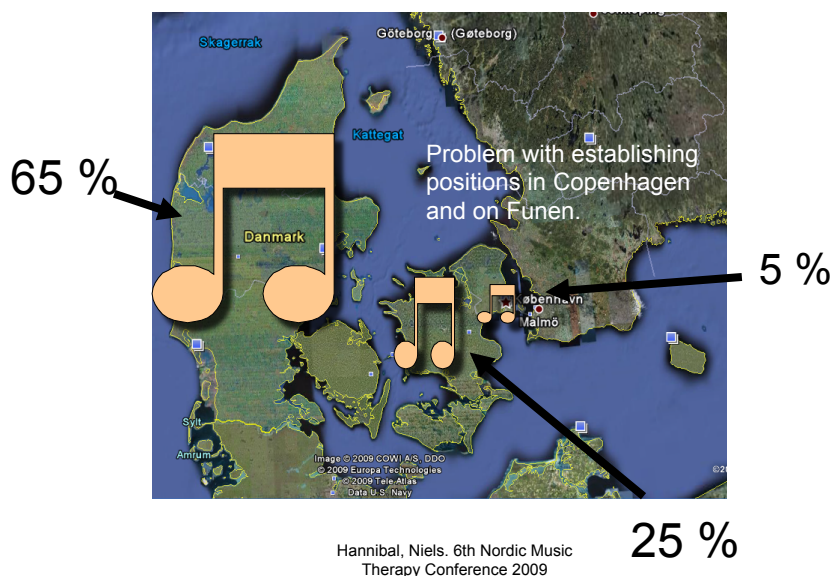
- Music Therapy is in all levels of psychiatry treatment
- Music Therapy can be applied to all levels of symptoms, function and therapeutic capability
- Drop out rate is low
- Music Therapy is most often used with patient diagnosed F 2 and F 6

Hannibal, Niels. 6th Nordic Music Therapy Conference 2009

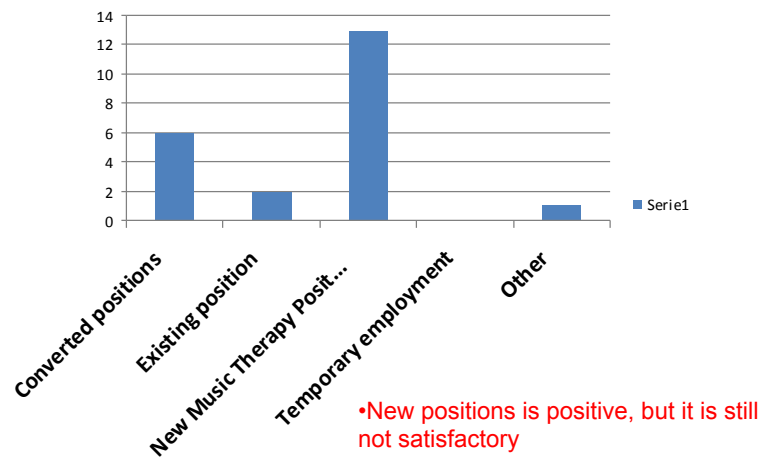
# Employment situation

Hannibal, Niels. 6th Nordic Music Therapy Conference 2009

## The Danish "Music Therapy in Psychiatry" Map

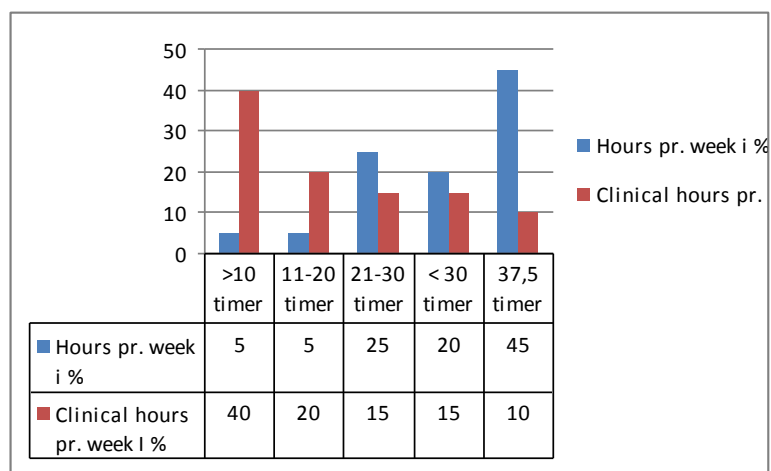


## Types of positions



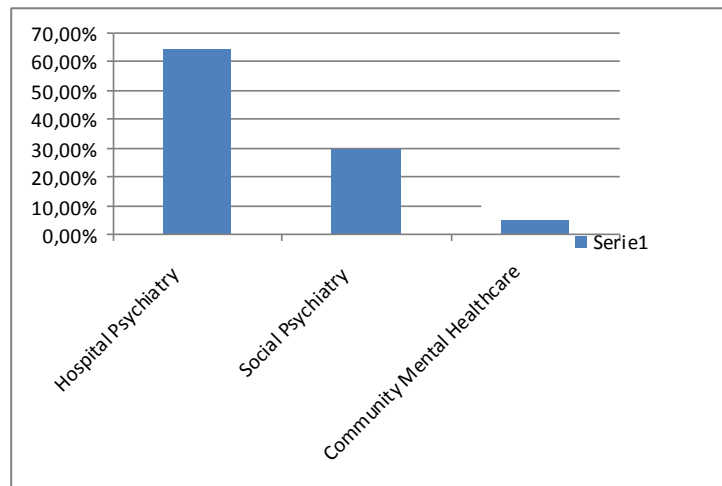
Hannibal, Niels. 6th Nordic Music Therapy Conference 2009

## Level of Occupation



Hannibal, Niels. 6th Nordic Music Therapy Conference 2009

## Locus of Occupation (n=20)



Hannibal, Niels. 6th Nordic Music  
Therapy Conference 2009

## Summary

- Mostly in Jutland
- 2/3 in real Music Therapy positions
- 65 % in positions with more then 30 hr/ week
- Only 40 % has 15 clinical hours or less pr. week
- Over 60 % work in Hospital Psychiatry

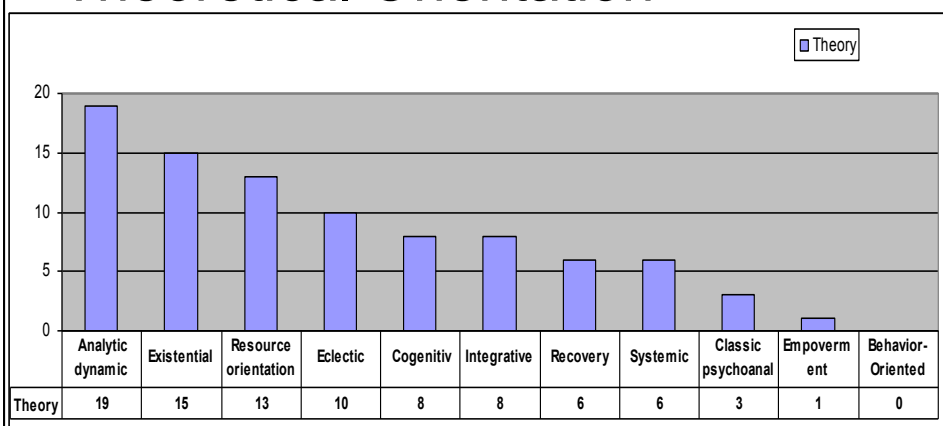
Hannibal, Niels. 6th Nordic Music  
Therapy Conference 2009

# The Music Therapy treatment

Hannibal, Niels. 6th Nordic Music Therapy Conference 2009

## Theoretical Orientation

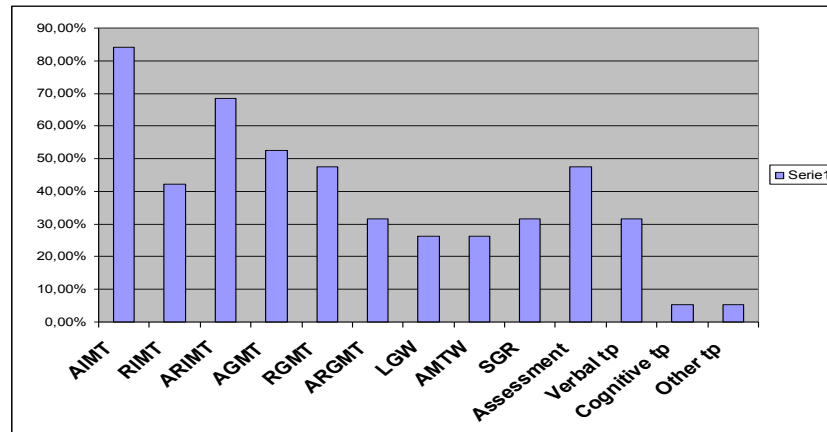
Hannibal, Niels. 6th Nordic Music Therapy Conference 2009



Dominated by Analytical dynamic theory , existential theory and The Resources orientation  
That is expected due to the profile of the education at Aalborg University

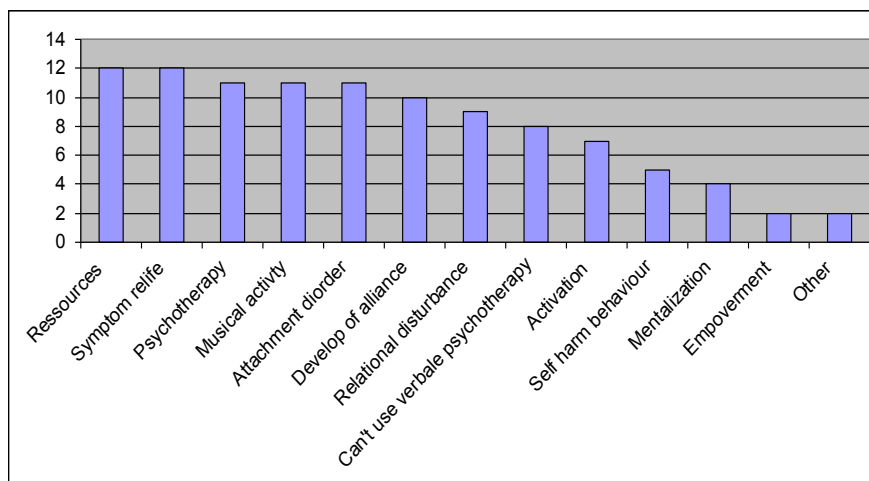
# Music Therapy Methods

- A= Active R=Receptive I=individual G=Group
- MT= Music Therapy W=Ward S=Song



Hannibal, Niels. 6th Nordic Music Therapy Conference 2009

# Some referral criteria to Music Therapy



Hannibal, Niels. 6th Nordic Music Therapy Conference 2009



## Categories for referral to Music Therapy ?

Disease focus	Symptom relief	12
	Self harm behavior	5
	Relational disturbance	9
	Attachment disorder	11
Therapy focus	Psychotherapy	11
	Can't use verbal psychotherapy	8
	Develop of alliance	10
Ability focus	Mentalization	4
	Resources	12
	Empowerment	2
Music focus	Musical activity	11
	Activation	7

Hannibal, Niels. 6th Nordic Music  
Therapy Conference 2009

## Summary

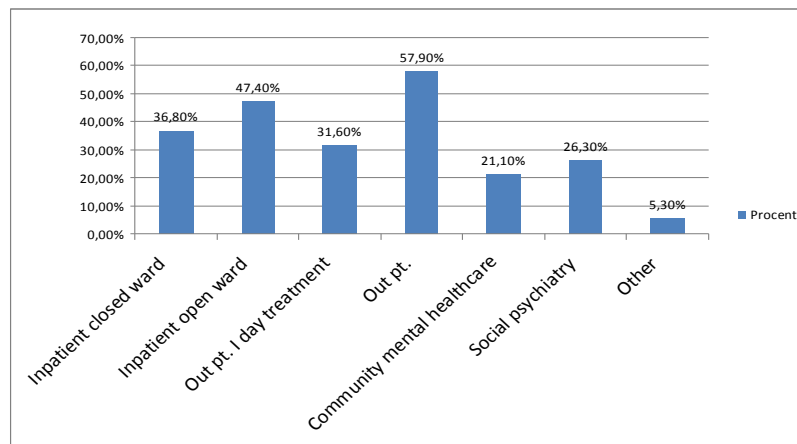
- Theoretical consensus and eclecticism
- Clinical methodological variety: Are the treatments "One kind of music therapy"?
- Referral criteria can be categories in:
  - ☐ disease,
  - ☐ psychotherapy,
  - ☐ ability and
  - ☐ music focus

Hannibal, Niels. 6th Nordic Music  
Therapy Conference 2009

# The Patients

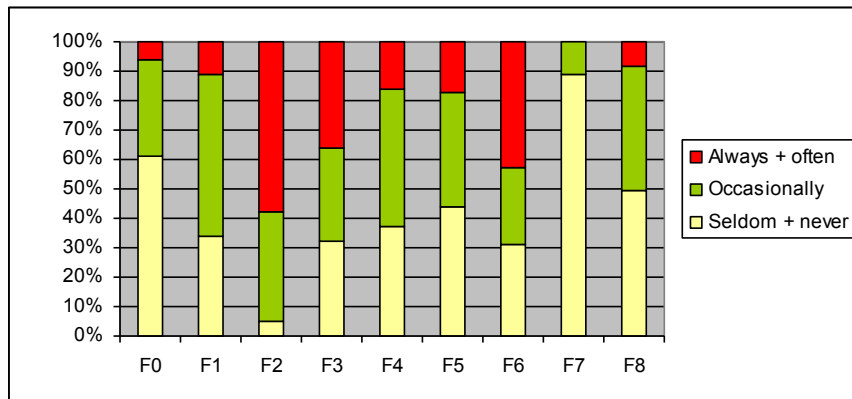
Hannibal, Niels. 6th Nordic Music  
Therapy Conference 2009

## Recruitment Area for Clients to Music Therapy: Where From?



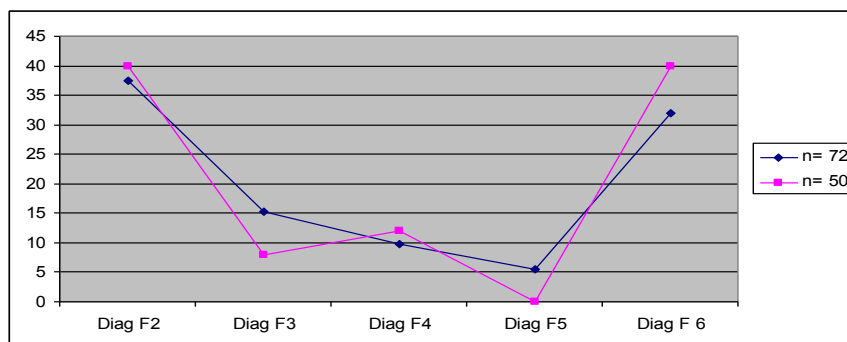
Hannibal, Niels. 6th Nordic Music  
Therapy Conference 2009

## Estimated Distribution of Diagnosis: Who



Hannibal, Niels. 6th Nordic Music  
Therapy Conference 2009

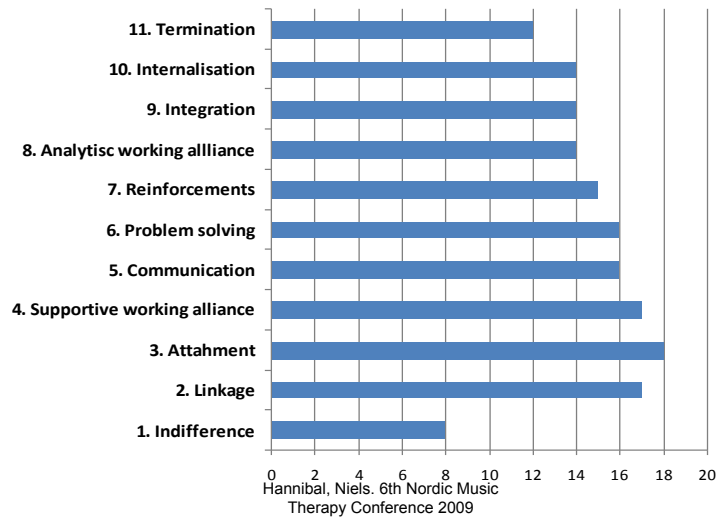
## Population i % seen from a diagnostic perspective



Hannibal, 2005: Hannibal og Munk Jørgensen 2009

Hannibal, Niels. 6th Nordic Music  
Therapy Conference 2009

## McGlashans 11 relational process levels

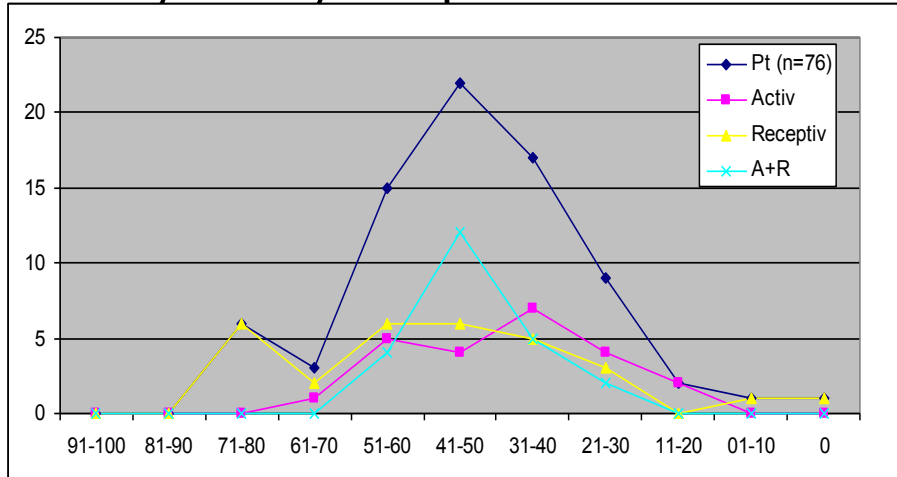


Thorgaard/  
McGlashan

	GAF	Pt (n=9)	Activ	Receptiv	A+R
Reduce Level 8-11	91-100	0	0	0	0
	81-90	0	0	0	0
	71-80	6	0	6	0
	61-70	3	1	2	0
Pt (n=54)					
Utilize Level 4-7	51-60	15	5	6	4
	41-50	22	4	6	12
	31-40	17	7	5	5
Pt (n=13)					
Build Level 1-3	21-30	9	4	3	2
	11-20	2	2	0	0
	01-10	1	0	1	0
	0	1	0	1	0

Hannibal, Niels. 6th Nordic Music  
Therapy Conference 2009

## GAF and Method in Music Therapy in Psychiatry in April 2009



Hannibal, Niels. 6th Nordic Music Therapy Conference 2009

## Summary

- Board recruiting, from all levels in the treatment
- Mostly patient with the diagnosis F 2 and F6 – different then other studies (Gold et al, 2009)
- Patients GAF from 0 – 80
- All levels of process: McGlashan

Hannibal, Niels. 6th Nordic Music Therapy Conference 2009

## Drop out from treatment?

- Investigate clinical population
- Prior winding (Hannibal, 2003) up showed no significant predictive variable
- Sample form 2006 - 2007, with a follow up period to avoid falls positive
- Calculating Odds Ratio and p-value

Hannibal, Niels. 6th Nordic Music Therapy Conference 2009

## Demographic features that predict drop out:

- Low income (Baruch G, et al 1998)
- Social problems (Mark J. Edlund, et al, 2002)
- Employment status, (M. Chiesa, ET AL, 2000)
- Age (Baruch G, et al 1998) (Mark J. Edlund, et al, 2002)

Hannibal, Niels. 6th Nordic Music Therapy Conference 2009

## Diagnostic features that predict drop out :

- Borderline personality disturbances (BPD) (M. Chiesa, et al, 2000)
- Personality disturbances: 44-66% drop out of hospitalised treatment (Skodol et al, 1983; Gunderson et al, 1989; Kelly et al. 1992)

Hannibal, Niels. 6th Nordic Music Therapy Conference 2009

Hannibal, Niels. 6th Nordic Music Therapy Conference 2009

**Table 3: Independent variables/parameters**

<b>Demographic</b>	Gender Age Employment Education
<b>Psychiatric</b>	Diagnosis at time of referral to MT Pt. status (In or out) at the time of referral Pt. status (In or out) at the time of termination Medical treat at the time of referral Medical treat at the time of termination
<b>Psychotherapeutic</b>	Verbal psychotherapy experience Concurrent Therapy Specification of goals Setting Personal treatment goals Drop out Number of sessions
<b>Music Therapeutic</b>	Music Therapy experience Referral criteria Assessment Familiarity with music Personal treat. goals Frame open or fixed

Drop Out from Music Therapy calculated from data from three psychiatric institutions in Denmark 2006-2007 (n=50)

Demographic	Variable	No DO	DO	Odds Ratio	95%Conf Interval	p
Gender	m	25	2	0.38	0.031 - 3.031	0.2591
	w	19	4			
Age	15-24	10	3	3.4	0.382 - 28.76	0.1729
	25+	34	3			
Education	Shorter	30	3	2.14	0.25 - 17.82	0.3262
	Longer	14	3			
Occupation	+	4	1	2	0.033- 26.36	0.4874
	-	40	5			

Hannibal, Niels. 6th Nordic Music Therapy Conference 2009

Psychiatric	Variable	No DO	DO	Odds Ratio	95%Conf. Interval	p
F2 Schizoph.	F2	18	2	0.72	0.059- 5.71	0.5444
	Other	26	4			
F6 Person. Disorder	F6	17	3	1.58	0.1884-13 .15	0.4556
	Other	27	3			
Out pt. at start	Out	31	6	-	-	0.1463
	In	13	0			
Out pt. at start	Out	35	6	-	-	0.2830
	In	9	0			
Medication at start	Yes	39	5	0.64	0.052- 36.30	0.5558
	No	5	1			
Medication at start	Yes	40	6	-	-	0.5895
	No	4	0			

Hannibal, Niels. 6th Nordic Music Therapy Conference 2009



Therapeutic	Variable	No DO	DO	Odds Ratio	95%Conf. Interval	p
Verbal Therap. Exp.	Yes	32	4	0.75	0.0932-9. 361	0.5453
	No	12	2			
Music Therap. Exp.	Yes	20	1	0.24	0.004-2.4 65	0.1868
	No	24	5			
Concurrent Therapy	Yes	27	4	1.25	0.159-15. 279	0.5881
	No	17	2			
Referral criteria	Yes	31	3	0.42	0.050-3.6 18	0.2850
	No	13	3			
Specification of goals	Yes	26	3	0.70	0.0835-5. 8122	0.4993
	No	18	3			
Setting	Individual	17	2	0.80	0.065-6.2 86	0.5881
	Group	27	4			

Hannibal, Niels. 6th Nordic Music  
Therapy Conference 2009

Therapeutic	Variable	No DO	DO	Odds Ratio	95%Conf. Interval	p
Assessment	Yes	15	3	1.90	0.227-16. 050	0.3686
	No	29	3			
Suitable for MT	Yes	28	1	0.12	0.002-1.1 98	<b>0.040</b>
	Maybe	16	5			
Frame	Contract	41	6	-	-	0.6757
	+ 1 sess.	3	0			
Familiarity with music	Yes	38	5	0.79	0.068-43. 48	0.6164
	No	6	1			
Personal treat. goals	Yes	30	5	2.33	0.225-118 .10	0.4086
	No	14	1			
More then 20 sessions	20 >	25	0	-	-	<b>0.011</b>
	1-19	19	6			
Start before fall 2006	New	29	4	1.03	0.1301-12 .664	0.6738
	old	15	2			

Hannibal, Niels. 6th Nordic Music  
Therapy Conference 2009

## Drop out: Premature termination

- 12 % over all
- 10 % of pt with F 2 diagnose
- 15 % of pt with F 6 diagnose

Hannibal, Niels. 6th Nordic Music  
Therapy Conference 2009

## Summary

- Gender, age, education and education level don't predict drop out Diagnose, patient status, medication don't predict drop out
- Experience from verbal or music therapy, concurrent psychotherapy, referral criteria, Specification of goals or Setting don't predict drop out
- Correspond with (Zeek et al. 2004), (Piper et al 1999)
- Assessment, therapeutic "frame", familiarity with music as method and personal treatment goals don't predict drop out
- Drop out related to being assessed maybe suitable for MT and drop out happens before 20'th. session

Hannibal, Niels. 6th Nordic Music  
Therapy Conference 2009



## Some conclusions

- Music Therapy is in all levels of psychiatry treatment
- Music Therapy can be applied to all levels of symptoms, function and therapeutic capability
- Drop out rate is low
- Music Therapy is most often used with patient diagnosed F 2 and F 6
- Outcome not quantified - yet

Hannibal, Niels. 6th Nordic Music  
Therapy Conference 2009